

sports and exercise **chiropractic** is for you BY MARY ANNE LOWERY

Whether you have just completed the city to surf or enjoy sports and exercise Chiropractic is for you!

Most people don't realise the benefits that Chiropractic delivers, it enhances your life, as well as your performance, whether it be competition sport, friendly games, or casual exercise.

Sport is a great way to unwind, de-stress and improve your physical fitness. A simple walk, a game of footy with the kids, swimming and competition sports can all improve our overall health.

Every part of our body is connected so when we get injured, have a fall or over exercise we also jar and misalign the spine. Some sports may also place undue stress on specific parts of the body.

Before any competitions or intense training many athletes will seek Chiropractic care to help them both before and after to help avoid injuries and to ensure their bodies are aligned to generate every possible bit of power. Many of the greatest athletes in the world are adjusted before competition

as a "tune-up" to achieve a state of peak performance and afterwards to enhance the recuperative process after the stress of their particular event.

Chiropractic maximises our Neuro Muscular System and biomechanical efficiency, and also helps with keeping up energy levels, recovery, stitch prevention and breathing efficiency.

In our clinic we see many amateur and professional athletes sidelined with injuries that could have been avoided. Still others are playing, but at less than peak efficiency simply because their structural system is not in balance.

Chiropractic treatment can also speed up the natural healing process by giving you comfort to sleep and the strength to rebuild your body. It specialises in musculoskeletal problems, so not only can they address your spinal misalignments, sprains and strains but your knee, ankle, foot, shoulder, elbow and arm injuries as well.

A chiropractic checkup will ensure that problems are found early on, can reduce recovery time and ensure you get the maximum benefit from

your exercise. These helpful hints will help you get the best results:

- it is important to warm up and stretch before any physical activity
- wear a good pair of shoes with arch support
- cooling down is as important as warming up so don't overlook this vital step

Our team encourages everyone to make exercise an enjoyable priority in their lives, so come in today for a check up!



Chiropractor

Mary Anne Lowery – Doctor of Chiropractic

For the treatment and prevention of:

- Back & neck pain
- Headache
- Sciatica
- Sporting injuries
- Postural problems
- Whiplash injuries



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